

The Senior Scoop

BOB GILMORE SENIOR CENTER

JANUARY 2017

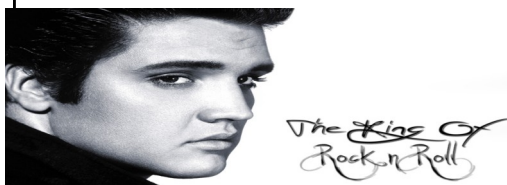
COMMENTS FROM THE COORDINATOR MARGO COSTER

Elvis Presley's Birthday Celebration

Put on those blue suede shoes and pull out your 50's clothes. We'll be dancing to Elvis Presley's songs. Can you dress, talk or look like the King? Fun, music, dancing & games with prizes.

DATE: JANUARY 6

TIME: 9:30 – 11:30 a.m.



Martin Luther King Jr. Celebration

Please join us in the celebration of Martin Luther King Jr. TaNeika Driver-Moultrie from NAACP, will be our guest speaker.

DATE: JANUARY 13

TIME: 9:30 – 11:30 a.m.



International Dominos

New game and tournament at the Bob Gilmore Senior Center, every Friday at 9-11:30 a.m.

Chinese New Year

The year of the Red Rooster will be celebrated. Help us ring in the Chinese New Year with good finger food, laughter, games & music.

DATE: JANUARY 27

TIME: 9:30 – 11:30 a.m.



Latin Dance Night

Mark your calendars - We are going to have a **Latin Dance Night** at the Killeen Community Center. Our **DJ Paul Racicot** will play your favorite Salsa/ Merengue/ Bachata/ ... you name it... hits! Paul has gigabytes of music and he will make sure to bring them that night. Admission to the dance is \$4.00 per person. Also, please bring a snack to share. **Adult guests of members are welcome to this special dance night.**

DATE: JANUARY 19

TIME: 6:30 – 9:30 p.m.

Dining with Friends

Come join both centers at Olive Garden. Choose from a variety of delicious dishes. An evening filled with fun, laughter & camaraderie.

DATE: JANUARY 11

TIME: 5:00 - 7:00 p.m.

**ADDRESS: 2811 E. Central
Texas Expressway Killeen**



"I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything I will not refuse to do the something that I can do Helen Keller."

Upcoming Events FEBRUARY

- Valentines Day Party
- Sweetheart Bingo/Officers Wives Club
- Mardi Gras

Senior Council Executive Board

- Bill Taylor, *President*
- Roy Murray, *Vice President*
- Arlys Hilliard, *Treasurer*
- Susan McLinn, *Secretary*
- Charlie King, *Parliamentarian*
- Charlie Cahee, *Chaplain*

Next meeting

January 11, 12:30 pm at Bob Gilmore Senior Center.

****ALL CHAIRPERSONS NEED
TO ATTEND TO GIVE THEIR
REPORT****

Senior Citizens Advisory Board

**Lions Park Senior Center
January 9, 2017 at 4:00pm**

Craft and Creations by the Hispanic Men & Women

Join in with the ladies and gentlemen to learn new crafts, from crocheting, sewing, to paper flower making. Join in the fun. Every Wednesday, Thursday and Friday in the sewing room. 9-4 p.m.

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SENIORS ON THE GO

WESTERN CARIBBEAN

Departing from Galveston at 4:00 p.m. The second day is a fun day at sea. Arriving in Cozumel the third day, leaving at 6:00pm for Yucatan (Progreso), then departing the next day at 6:00 p.m. Having another fun day at sea on the fifth day. Arriving back to Galveston at 8:00 am. A passport is required.

DATE: JANUARY 23-28, 2017

UPCOMING TRIPS 2017

BILOXI & NEW ORLEANS

APRIL 23-29, 2017

PACIFIC NORTHWEST

JUNE 5-12, 2017 Flying to Seattle then Busing to San Francisco

HAWAII

OCTOBER 26-NOVEMBER 4, 2017

Olga Cain 690-7320 or Bertie at 628-8191

More information about trips will be in the next newsletters.

Special Thank for the Love Baskets

A very special Thank you to everyone that helped assemble the Love Baskets. Thank you to Crystal Smith for buying supplies. Skeeter & Gene Walker, San Juana Vargas, Mary Weygand, for reassembling them, Roxanne Flores-Achmad for buying more supplies to add to the baskets and the fabulous YAC's for their donations. And a very special Thank you to the six people who got out in the very cold weather and delivered them; Gene & Skeeter Walker, James Noack & Brenda Folsom and our own Parks and Recreation employees Sundae Hein and Jose Garcia you are all greatly appreciated, to do something so unselfish as to think of others. Skeeter Walker for making & donating the beautiful bows. Thank you Thank you.

Butterbean Auction

Going once, going twice, sold! See what treasures you can win this month! Forty beans for each item you bring. From plants to clothes, nick knacks and etc., we accept everything - except money.

DATE: JANUARY 20

TIME: 9:15 a.m.

JANUARY EVENTS & PROGRAMS

Red Hats (Golden Girls)

Red Hats will be meeting at the Bob Gilmore Senior Center. Please wear your red hats and bring a friend to join.

DATE: JANUARY 13

TIME: 1:00 p.m.



Blood Pressure Checks

Stop by the Center at any of the dates below to have your blood pressure checked from 10:30 - 11:30 a.m.

TexMed: FIRST ATLANTIC

JANUARY 18 JANUARY 3

METROPLEX HOME CARE

JANUARY 12

INDIAN OAKS

JANUARY 19

WRITER'S GROUP WITH Mary Hanson
Wednesday, January 12 at 1 p.m.

Member Mary Hanson (retired teacher) is starting this brand new program at the Center. The purpose of the writer's group is to offer you the opportunity to learn about writing. Such as short stories, poetry and memoirs or just give some support while you write the next great American novel. The group will meet the second & fourth Wednesday 10:30-11:30

Zentangle

Join us for in a fun class of brain yoga, doodling has a new twist.

DATE: JANUARY 9, 23 & 30 Monday

TIME: 10:00 a.m.

Monthly Movies

This month's classic movie will be *Clambake* an Elvis Presley movie. The new release movie will be *Troll*.

JANUARY 3 Classic

JANUARY 10 New Release

TIME: 12:15 p.m.

Covered Dish Luncheon

We are celebrating JANUARY birthdays. **Don't forget a covered dish enough to feed 6 people or \$5.00 per person.**

DATE: JANUARY 18

TIME: 10:30 a.m.



Free Haircuts by Oscar

Oscar Rampersaud, licensed barber, will be here to give fabulous haircuts at no charge! **Please no long hair styling or cuts. Tips are appreciated.**

DATE: JANUARY 10

TIME: 8:00 - 11:00 a.m.

Bingo

Are you feeling lucky? Then come play BINGO! Try your luck for groceries and fun. **TexMed** is providing prizes for Bingo for groceries. Thank you to **Women's Army Corp for November & TexMed** for providing groceries for the month of December.

DATE: JANUARY 6

TIME: 1:00 p.m.

Men's Monthly Breakfast

Our male members of our Senior Center will be cooking a delicious breakfast, the second Tuesday of the month. \$2.00 per person.

DATE: JANUARY 10

TIME: 8:00 - 9:00 a.m.



Free Hair Cuts by C.J.

Ladies C.J will be giving free haircuts. Every month the first Friday she will cut hair, no styling or perms. **Tips are appreciated.**

DATE: JANUARY 6

TIME: 12:00 - 2:00 p.m.

WEEKLY PROGRAMS & GAMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42
		Men's Breakfast			
	Ceramics	Haircuts 2nd Tuesday	Walking at Killeen Mall		Ceramics
8:30 a.m.	Hand & Foot	Hand & Foot	Hand & Foot	Hand & Foot	Hand & Foot
9:00 a.m.	Dominoes	42 Tournament	AARP every other month the 4th Wednesday	Draw for Partners 42	Chicken Foot
	Chicken Foot	Chicken Foot		Joker	International Dominos 9-11:30
10:00 a.m.	Games	Yoga Class 10-11	Hand & Foot	Dirty Marbles	Butterbean 9:15 4th Friday
10:30 a.m.	Puzzles	Bible Study w/ Charlie Cahee	Puzzles	Mexican Train Dominoes	Hand & Foot
12:00 p.m.	Hand & Foot	Movies/Classic/ New Release	Hand & Foot	Canasta	Free Haircuts w/ CJ 1st Friday
	Yahtzee	Hand & Foot 12:15	Spades 12:15	Make your own Cards 12:15	Jewelry w/Terrie 3rd Friday
12:30 p.m.	Fun Games	Pinochle	Joker	Texas Hold 'Em	Hand & Foot
		Paper Play/Cards w/Debbie \$5.00	Crochet	Al Scott Music Gospel Sing A Long	
1:00 p.m.	Hand & Foot	Hand & Foot	Crochet	Crochet	Red Hats 2nd Friday 1:00
			Hand & Foot	Hand & Foot	Phase 10
1:45 p.m.	Mexican Train	Puzzles	Dirty Marbles	Fun Games	Puzzles
2:30 p.m.	Exercise	84	Exercise	Hand & Foot	Exercise

Sweet Spot ****Mom's Peach Crisp****

- 4 cups sliced fresh peaches
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup cold butter
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup rolled oats



1. Preheat oven to 350 degrees F (175 degrees C).
2. Arrange peaches evenly in an 8x8-inch baking dish.
3. Mix flour, brown sugar, butter, cinnamon, and salt in a bowl using a pastry cutter until evenly crumbled. Fold oats into flour mixture; sprinkle and press topping into peaches.
4. Bake in the preheated oven until topping is lightly browned, about 30 minutes.

Bob Gilmore Senior Center

2205 E. Veterans Memorial Blvd.
Killeen, TX 76543-4328
Monday - Friday 8:00 a.m. to 4:00 p.m.

Office: 254-699-1717

Fax: 254-953-4796

Website: www.killeentexas.gov

Margo Coster, Program Coordinator

Email: mcoster@killeentexas.gov

Janie Vargas, Office Assistant

Email: sjvargas@killeentexas.gov

HOP Transportation: 254-933-3700 or
1-800-791-9601

Paper Play with Debbie

Come make beautiful, unique cards & gifts with Debbie Moore. Class fee is \$5.00 for supplies. Bring scissors and tape. Class includes scrapbook layouts, gift bags, gift items, cards, kits and etc. Something different every week.

DATE:

**STARTING BACK
EVERY TUESDAY**

1-10-17

**TIME: 12:30
p.m.**



Visit us online at www.killeentexas.gov



Lunch served daily at 11:30 a.m. \$3/person. **Menu subject to change.

****NOTE**** Reservations must be made by noon the day before.

Mon	Tue	Wed	Thu	Fri
2. CENTER CLOSED	3. Chicken Salad & Chips	4. Potato Soup & Crackers	5. Ham, Potato Salad & Vegetables	6. Tilapia, Potato & Coleslaw
9. Mongolian Beef, Egg Noodles & Vegetables	10. Chili, Corn Bread & Crackers	11. Hamburger & Tater Tots	12 Baked Chicken, Mac & Cheese & Salad	13. Sausage, Onion/Green Pepper Rice & Salad
16. CENTER CLOSED	17. Grilled Ham/Cheese, Tomato soup & Chips	18. Covered Dish Luncheon	19. Pork Chop, Mashed Potato & Vegetables	20. Ham Casserole, & Salad
23. Sweet & Sour Chicken, Rice & Vegetables	24. BLT, Soup and Crackers	25. Meatloaf, Potato & Peas	26. Chicken Fried Steak, Potato & Vegetables	27. Vegetable Soup & Crackers
30. Beef & Broccoli, Rice & Salad	31. Spaghetti, Garlic Bread & Vegetables.			

Are you interested in sharing a skill with our Seniors? We need Volunteers to teach classes.

TOURNAMENTS

"42"	TUESDAYS 9:00 a.m.
JOKER	JANUARY 11th 12:30 p.m.
SPADES	JANUARY 11th 12:15 p.m.
HAND & FOOT	JANUARY 20th 12:15 p.m.
PINOCHLE	JANUARY 12th 12:30 p.m.
DIRTY MARBLES	JANUARY 23rd 9:00 a.m.
CANASTA	JANUARY 12th 12:00 p.m.
TEXAS HOLD "EM"	JANUARY 19th 12:30 p.m.
INTERNATIONAL DOMINOES	FRIDAYS 9:00 - 11:30 a.m.

Three Kings Hispanic Celebration

The Hispanic ladies and gentlemen are having a Three Kings Celebration with the Traditional bread, to see whom will get the three baby Jesus to bring the tamales to celebrate the Candelaria on February 2ND. **DATE: JANUARY 6**

Jewelry with Terri

Come and join Terri Daniel, for jewelry making. Donation based class to help with supplies. You must be able to do your own project.

**DATE: JANUARY 20
TIME: 12:30 p.m.**

Cards with Mary and Margo

Come and express your creativity. Enjoy making unique cards. \$4.00 donation to help with supplies. You must be able to do your own project.

**** NEW TIME ** 12:15 pm ****

BOTH CENTERS WILL BE CLOSED JANUARY 2ND IN OBSERVANCE OF NEW YEARS AND JANUARY 16 IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY. DON'T FORGET TO WEAR RED ON FRIDAYS UNTIL THEY ALL COME HOME.